

2018

Foundation Centrum '45 and Equator Foundation

Highly specialist expertise and
treatment centres for psychotrauma



Foundation Centrum '45 is the national highly specialist treatment and expertise centre for the diagnostics and treatment of complex psychotrauma complaints. In addition, Equator Foundation places great emphasis on psychiatric rehabilitation with trauma-related psychopathology. The PDC (Psychotrauma Diagnosis Centre) focuses on diagnostics, consultation, second opinion and advice in the field of psychotrauma. Together, these three entities - Foundation Centrum '45, Equator Foundation and PDC - constitute the care partners in Arq.

Diagnostics and treatment: expert teams central

The expert teams are central to the primary process of healthcare: these are treatment teams that are centred around a specific field of expertise. Treatment takes place within the expert teams. Once the intake interview has been conducted with a patient, the expert team provides follow-up diagnostics, second opinions and treatment. Led by the expert team leader and the manager, an expert team monitors the content of treatment and treatment process, including patient wait times, throughput times, performing routine health outcome measurements and treatment evaluations. Responsibility for the further development of treatment content and expertise lies primarily with the expert

team, which to this end works together with the research track coordinators (see below).

Centrum '45 has these expert teams:

- Veterans
- Police and other professionals (fire fighters, ambulance personnel, but also journalists and NGO staff)
- Second World War and Postwar Generation
- Refugees
- Traumatic Grief
- Child and Family
- Trauma diagnostics.

Equator Foundation has these expert teams:

- Undocumented Migrants
- Victims Sexual Violence and Exploitation
- Recovery-Oriented Care.

Organisation of research: research tracks

Research and innovation are always linked up with the primary process. In order to gain a good view of the complex issues that academic research is focusing on in the field of trauma, it has been decided to opt for research programmes, or research tracks. All scientific activities have been organised in these programmes. The programmes are all headed by their own professor, who monitors the research tracks and develops overall policy. Each research track has its own coordinator.

On behalf of Arq Psychotrauma Expert Group Centrum '45 has combined forces with the following professors:

- Prof. M. Olf, endowed professor of Neurobiological mechanisms of prevention and treatment in trauma and post-traumatic stress disorders (PTSD), University of Amsterdam
- Prof. P.A. Boelen, professor of Clinical psychology at Utrecht University
- Prof. colonel-physician E. Vermetten, professor at Arq and endowed professor of Medico-biological and psychiatric aspects of psychotrauma at Leiden University Medical Center

Five research tracks relating to psychotrauma are operational in Centrum '45 and Equator:

- Screening & diagnostics
- Diversity and trauma
- Complex trauma
- Evidence-based treatment techniques
- Traumatic Grief
- Child, family and trauma

The following research tracks are still in development:

- Psychiatric medication and trauma
- Co-morbidity
- Global Mental Health.

Initiatives from actual treatment practice (expert teams) to review treatment programmes are embedded within one of the research tracks. The tracks convert all knowledge gained to inform courses, refresher courses or training programmes, but obviously also disseminate this in publications. Of course, the tracks account for the largest share of the annual publications in national and international journals. Every year, some tens of (inter)national scientific articles are published. The twelve PhD research projects are also undertaken within most research tracks. Research results lead to direct innovations in treatment practice.

Innovative projects

Centrum '45 boasts several innovative projects and treatment methods, including 3MDR and virtual reality, multi-family therapies for traumatised families, high intensity trauma treatment (HITT), and is also a leader in the field of specific trauma therapies such as BEPP (brief eclectic psychotherapy for PTSD) and NET (narrative exposure therapy). For these, please go to our website: www.centrum45.nl.

Innovative projects run at Equator include: a well-defined, staged and future-oriented therapy for undocumented migrants, treatment designed for victims of human trafficking, and recovery-oriented care with chronic/complex PTSD.

www.equatorfoundation.nl.

Education and training

Education, courses and training programmes are run by Centrum '45 and Equator in collaboration with Arq Academy:

<https://academy.arq.org>.

Knowledge centres

In addition to the expert teams and research tracks described above, the Dutch national knowledge centres also fulfil an important function for Centrum '45 and Equator as (inter)national experts in the field of psychotraumatology. At the moment, the Arq Knowledge Centre for Traumatic Grief, the Arq Centre of Excellence on Forced Migration and the Arq Centre of Excellence on War, Persecution and Violence fulfil major roles. The research tracks and the Dutch national knowledge centres work in a joint, overarching structure over the expert teams and treatment programmes. They serve to improve and enhance the treatment programmes and one time bring to bear their focus on one expert team (to improve its diagnostics, for example), another time on another expert team (to examine the efficacy of family therapies, for instance).

Knowledge organisation and cooperation

The construct of the research tracks and expert teams has created an intensive knowledge organisation where the confluence of care provisions, academic research, education, training and innovation generates a great dynamic. To this is added, from the outside world, the dynamic of the psychotrauma centres that surround us. Many external centres seek to collaborate on the research and innovation conducted in the various fields of knowledge at Centrum '45 and Equator. It is at the initiative of Centrum '45 that the Network Psychotrauma Netherlands (NPN) was founded in 2015, in order to improve the quality of Dutch psychotrauma care even more and to work together on specialist treatment, innovations, research and education.

Want to know more?

For more information, advice, for admission or consultation requests, please phone the Admissions and Information Office (088 – 3305511 on workdays between 9.00 and 12.00 hrs), or e-mail: bai@centrum45.nl. Or visit the websites: www.centrum45.nl, www.equatorfoundation.nl and www.pdcentrum.nl